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SEPT
2014

PQ PLUS 2

PRESIDENT'S MESSAGE

Words of wisdom from our
fearless leader

SUMMER IN REVIEW

- * Class of 2015's Italy trip
- * Workin' hard or livin' large? You tell us!

WELCOME, CLASS OF 2018!

Get ready for a fantastic year!

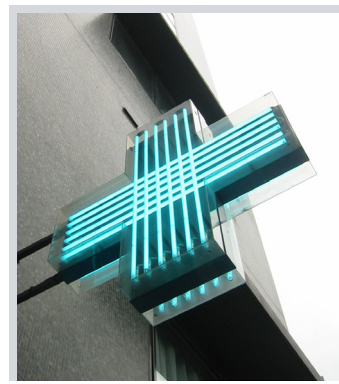
WIN A
STARBUCKS
CARD!

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YOU'VE GOTTA TRY THIS

We review APSA deals at Remedy Cafe

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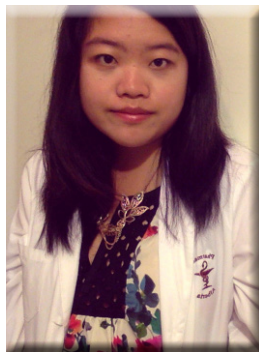
Contest Time

Win a gift card to Starbucks!

EDITORS' NOTES

FLICKR IMAGES: NICOLAS RAYMOND, NINA MATTHEWS, MICHAEL JARDEEN & SEAN HABIG

Disclaimer: Any opinions or viewpoints published are directly from the contributing authors and do not represent the philosophy or viewpoints of the Faculty of Pharmacy or the University of Alberta.



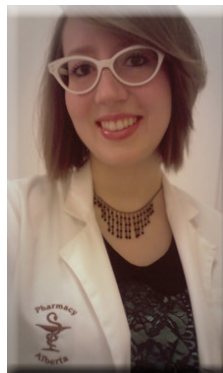
Hello fellow pharmers! Welcome class of 2018, and welcome back classes of 2015, 2016 and 2017.

Hope you all had a fantastic summer and are ready and re-energized to get back

Grace Wong

into school. I definitely am... not, and have consumed a decidedly unhealthy amount of coffee over the past 2 weeks – but that's just me!

For those of you who don't know, the PQ+2 is APSA's student magazine, written for and by you guys. We've given it a little makeover (I might've gone cross-eyed from staring at my laptop!) and we have lots of awesome features in store for you, so stay tuned! (PS: Want to get involved? See page 4!)



I want to welcome everyone back, but first let me take a #SELFIE. Speaking of selfies, check out the ones of your peers along with their summer adventures in this issue of the PQ+2!

Why the name change? We have added 2 issues to the original 4 that were published quarterly. The name Pharmacy Quarterly no longer fits! By keeping PQ in the name, we are able to respect and acknowledge the history of this magazine!

Pharmacy Quarterly + 2 extra issues
= PQ + 2 extra issues
= PQ+2

Enjoy!

Morgan Basiuk

APSA EVENTS CALENDAR

SEPTEMBER/OCTOBER 2014

09.15

APSA Used Text-book Sale

Sept. 15 | ECHA 1-498, 12-1 PM
Save \$ on books, so you can spend it on what really matters - coffee.

09.17

APSA Used Text-book Sale

Sept. 17 | ECHA 1-498, 12-1 PM
Continue to save \$, you'll make it rain someday!

09.19

Welcome back BBQ & Beach Volleyball

Sept. 19 | Garneau Courts, 2-6 PM
Have food and play some volleyball!
Hosted by Shoppers Drug Mart.

09.24

PDW Mandatory Info Session

Sept. 24 | ECHA 2-190, 12-1 PM
Interested in attending PDW in Quebec? You'll want to be here!

09.25

Welcome Reception

Sept. 25 | Faculty Club, 5-8 PM
Mingle with all 4 years of pharmacy and welcome the Class of 2018!

10.01

Community Education Refresher

Oct. 1 | MSB 2-27, 12-1 PM

10.03

IPSF Student Exchange Lunch & Learn

Oct. 3 | MSB 2-27, 12- 1 PM
Learn more about going abroad!

10.05

CIBC's Run For The Cure

Oct. 5 | Churchill Square, 8 AM
Help fight breast cancer and support the U of A Pharmacy Team!

10.08

CSHP Membership Drive

Oct. 8 | ECHA 2-190, 12-1 PM
Learn more about what being a member of CSHP can do for you!

For more up-to-date info, please see <http://myapsa.ca/calendar/> or the APSA Members' Corner Facebook page!

PRESIDENT'S MESSAGE

BY BRAD SNODGRASS, PRESIDENT



Dear pharmacy scholar:

I am delighted to welcome you to the program, or back for a new semester. I am also excited to join you as we resume our journey towards a degree in pharmacy. Whether you are just launching your vessel en route for knowledge, or your cranial fissures have expanded from erudition to the point that it is difficult to find a pillow bulky enough for an evening slumber, please know one thing...

Pharmacists are in a tremendous position to revolutionize the health care system!

You have chosen a profession with a vibrant future. The pharmacy profession will continue to evolve, as we find new ways to

promote health and manage disease for our society. Our profession is in its infancy with regards to transformation; so don't be afraid to step out from your comfort zone because many leaders are necessary to encourage change.

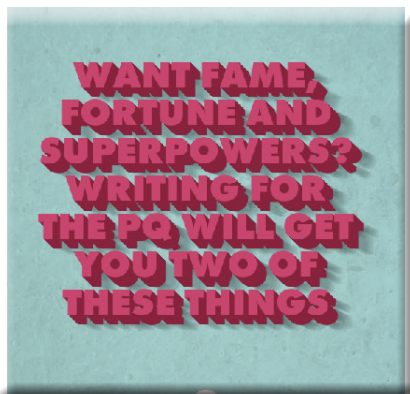
If I could offer you one piece of advice, it would be to get involved with your profession!

Being involved with your profession means many different things. You could serve your fellow students by running for a position within APSA. You could sit on the many committees that are necessary for our programs growth. You could form a study group that benefits classmates, or simply attend social

events to develop relationships. Try to avoid competition and strive for camaraderie. We are united with a common goal and together we can bring value to the profession.

I look forward to conversing with you on the ball diamond, the volleyball court, at the welcome reception, while running for the cure, during the Mr. Pharmacy intermission, and at the countless other events we have in store for you this semester.

Sincerely,
Brad Snodgrass
President
wsnodgra@ualberta.ca



GET INVOLVED - WRITE FOR THE PQ!

Like to write? Join the PQ Column Club by submitting a piece about anything that's on your mind to the 3rd and 4th year PQ editors Grace Wong (ggw@ualberta.ca) or Morgan Basiuk (basiuk@ualberta.ca), and get ready to see your name in the spotlight!

In addition to getting published, we are working on ways to make it worth your while - so stay tuned :)

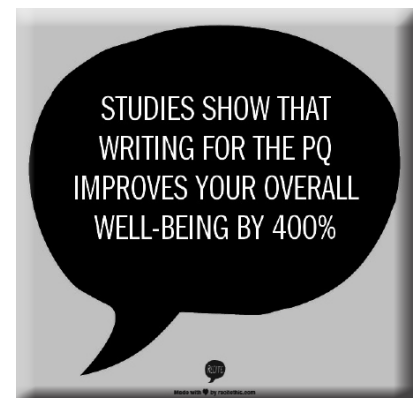




PHOTO CREDIT: ALYSSA ACO

ORIENTATION 2014

BY BRITTYN OZIPKO, VP SOCIAL

August was here and gone so quickly, as was orientation and the first week of school. As August came to a close, I was still piecing orientation together and questioning how things would go. The closer it got to orientation, the more pieces I had to put into the puzzle, but it was still hard to see the entire picture.

The morning of orientation, as I was hauling hundreds of pounds of BBQ supplies to campus (with help, of course), I thought about how my orientation seemed so far in the past and how I was okay with that, because I had two years of phenomenal memories following it.

I was quite surprised when I arrived on campus, two hours before registration was supposed to begin, to find students eagerly waiting to be registered. I was relieved to find out that these students weren't lining up two hours early to register of their

own accord, but rather due to a mistake on Google Calendar.

As registration started, everything seemed to be going smoothly and this continued into the introduction to APSA and the faculty. The first orientation activity was a bingo used to get to know one another, which the Class of 2018 seemed to have no reservations with. They all immersed themselves into the game and started to get to know the people they will be spending the next four years working towards a pharmacy degree with. I am guessing many of these students didn't realize that they most likely met people that day they would become lifelong friends with.

To close off the morning, the 2018ers took their class photo in the 3rd floor ECHA atrium, beginning a new tradition as we parted ways with the historic Dent/Pharm. After the class photo, incoming students, returning students and faculty gathered for a BBQ in the

Rehab Courtyard. The weather and wasps weren't cooperating, but this didn't stop all attendees from immersing themselves with socializing.

After wrapping up the BBQ, we finished off the day with presentations and a game of Jeopardy. The Class of 2018 quickly showed their competitive side in Jeopardy with hopes of taking home victory and prizes.

As students left at the end of the day, you could tell they were more at ease than when the day started. They realized that pharmacy isn't as intimidating as they thought and that there were some pretty cool people in their class. If I had any advice to give to the Class of 2018, it would be to embrace every moment over the next few years whether they involve social events, studying, extra-curriculars, or anything else, as it will go by faster than expected.

EAT-ALY 2014: AN AUTHENTIC EXPERIENCE



BY OKSANA DACKO

Class of 2015 - Italy trip

Ciao, ciao, ciao! Come stai? Besides obviously improving my Italian language skills, I learned a lot of other things while taking the Pharm 453 course in Ischia, Italy. I can honestly say that the month I spent with my fellow classmates, along the Mediterranean coast of southern Italy, was an experience of a lifetime!

Upon my arrival, I was blown away by all of the lemon and palm trees. Looking around, I saw colorful houses everywhere and a lot of pizza places, of course! After a brief 5-minute walk, you'd hit the beautiful Mediterranean Sea, with sandy beaches lining the shore. It was breathtakingly beautiful. I was also surprised at how friendly and helpful every person was; in my head, I would think, "do I know you or something?" as we spoke.

N PERIENCE



Without a doubt, the Colella family is one of the kindest families you will ever encounter, and they will do everything in their power to make your stay comfortable and unforgettable. They do an awesome job of accommodating all the U of A students in their hostel and providing meals at the restaurant. You really do get close with them and your fellow classmates quickly, which is facilitated by the Colella brothers driv-

ing one van crammed with 11 students to dinner every night. Speaking of driving, the traffic in Italy is insane – fraught with narrow streets, tight turns and a lot of honking – but who doesn't love that adrenaline rush?

The dinners at the Colella restaurant are well worth risking your life in traffic for. Each night, we ate like royalty with at least 3

courses of food, accompanied by red and white wine. I enjoyed trying new foods like rabbit, potato crocchette, and whole artichokes, alongside exceptionally tasty traditional foods like lemon pasta spaghetti, gnocchi, pizza and a personal favorite: tiramisu.

If enjoying dinner was not enough, you get to learn more about food during the course as well.

While strolling along the beach to get to school with your classmates, you can grab a gelato to-go on the way there, or back...or, more often than not, both ways! The classroom is located in a cave-like room with beachfront property and access to the sea. With this beautiful view, our class analyzed the Mediterranean diet, learned about Italy's food system and expanded on the implications of health to a global scale. I also learned a lot about myself, the values I have towards food/health, and the changes I can implement to live better as a citizen of the world community.

Just enjoying the food in Italy would be enough to satisfy anyone, but the fact that I got to enjoy it all with my classmates was even better. We had a good time on both weekdays and the weekends. On the first weekend, I went to the island of Capri, where the lemons were the size of my face! It's a hoity-toity place where taxis are convertibles and the shopping of expensive brands such as Gucci, Prada, and Fendi are available. A couple of friends and I also went on a single chairlift ride to the top of the mountain on the island to get the most unreal, heavenly view. We also checked out the famous blue grottos on a boat ride, where limestone on the bottom illuminates the inside of caves a fluorescent blue color.

On the second weekend, almost all of our class went to see the town of



Sorrento, and then went on a tour of ancient Pompeii, a city ruined by a volcano eruption. Soon after, we all walked up the still-active Mount Vesuvio to see it for ourselves. Besides these fun activities on the weekend, the Colella family also organized events for us on the island. One evening, we got to soak our feet in some natural hot springs under the moonlight; on another night, we had a class bonfire on the beach.

One of my favorite parts of the trip, which was surprisingly part of school, was a day trip to the Negumbo spa. Our whole class got to spend an entire day at a therapeutic spa on the island of Ischia. The spa included over 20 pools of different temperatures and minerals used for a variety of healings. One pool involved walking in a loop 3 times; half of it was filled with freezing cold water, while the other half was insanely hot, to dilate your blood vessels for blood pressure

control. There were also additional massage and esthetic procedure options. It was unique to learn the value of relaxation in the Italian health system, and how they use this spa for healing...

Yeah, school's hard when you have to go to a spa with your friends for a day!

To end, none of the above would have been nearly as fun had it not been for my 'pharmily.' Thanks to everyone for all the memories- t'was a good time. Never stop exploring the world. Cheers!



Pages 6-7:

Class trip to the Negumbo Spa

Pages 8-9:

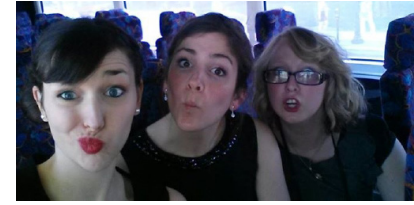
Clockwise, from the left:

- ✧ Aliya, Sarah and I in the streets of Sorrento
- ✧ Yuchu, Lauren, Ali, Krysta and I in Capri
- ✧ One of the pools in the Negumbo Spa
- ✧ Carlee, Leah, Brittany, Tarryn and I eating gelato in Ischia

PHOTO CREDIT: OKSANA DACKO

SUMMER IN REVIEW

We know what you did last summer...because you told us!



HANNAH MOORE

As the 2014 Alberta winner of the CPhA Centennial Leadership Award, I had the amazing opportunity to go to the CPhA conference in Saskatoon. It was an amazing way to get to know pharmacists and other students from across the country, and it instilled a sense of pride in me for the wonderful country of pharmacists that we have. The 10 winners of the award (one from each school) were invited to enjoy two days of activities to get to know each other, and then we attended the conference for the next three days. I got to meet some amazing friends, and learn more about how to care for patients.

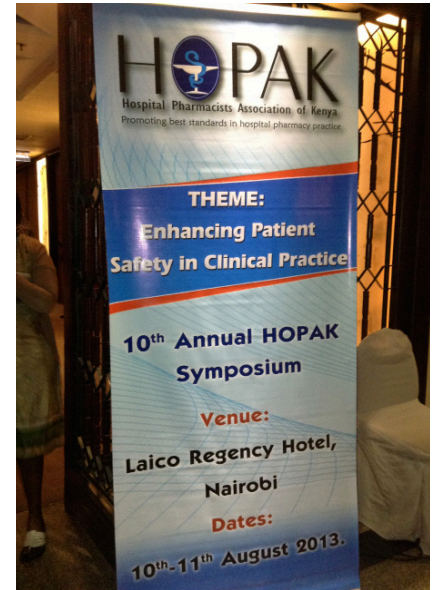
Some of the fun things we did included painting a masterpiece as a group and learning authentic First Nations games, including “two

balls”—a game like lacrosse played with buffalo testicles. One day, we went to Ayden Kitchen and Bar, a restaurant whose chef, Dale MacKay, was the first ever winner of Canada’s Top Chef. Let’s just say, I had the most delicious hot dog I have ever eaten! We were also able to go go-karting, with speeds up to 80kph!! I learned that I’m a terrible golfer, I have no real artistic skill (except for painting super-cute squirrels), and that I really love Alberta beef.

The coolest part for me, though, was meeting the amazing pharmacists around the country and discussing prescribing practices for pharmacy. Many pharmacists knew that we could prescribe in Alberta, but they were always shocked when they understood how many medications

we could prescribe. Through discussions, I was able to alleviate a lot of people’s worries. Overall, I was glad to learn about how coming together as a group, passionate about pharmacy, can make for some super fun times. I am excited for the future!

PHOTO CREDIT: HANNAH MOORE



ERICA TRAN

Last year, I did the IPSF Student Exchange Program in Kenya. I did an industrial rotation at Lab and Allied Pharmaceuticals Ltd. and a hospital rotation at the Kenyatta National Referral Hospital. I worked in 7 of the hospital's pharmacies, attended ward rounds and even prepared infusions and boluses for chemotherapy medications and anti-emetics.



This year, I did an internship with the University of Nairobi Faculty of Clinical Medicine and Therapeutics under CRISSP (Central Province Response Integration Strengthening and Sustainability Project). It is a partnership between the United States Centers for Disease Control and Prevention, University of Nairobi School of Medicine, University of Maryland Baltimore School of Medicine, Future Group International and the Ministry of Health Kenya to provide HIV and AIDS support to health facilities and communities in Kiambu and Kirinyaga Counties.

Some of the activities I got to do included interacting with patients in the comprehensive care center, dispensing prescriptions, and distributing drugs to the wards. During my stay, I was educated on the different antiretroviral regimens for children, adolescents, and adults; how to counsel these patients, when to change therapy, what to do when there is co-infection with tuberculosis, lab monitoring, use of viral load, post exposure prophylaxis and so much more!



PHOTO CREDIT: ERICA TRAN

SHANGHAI 2014

Class of 2015 - China trip



KIKI LIU

First of all, let me say that Shanghai is an amazing city! This is my last year of pharmacy school, so it's pretty much my last chance to study abroad. I personally feel that going to university in a different country is a positive experience, allowing you to see things from a different perspective, regardless of whether you choose Italy, China, or any other country.

During the three weeks of class in Shanghai, we met many welcoming students from Fudan University and were warmly greeted by the staff and healthcare professionals at various health institutions that we visited during field trips. My favourite part of the course were the field trips, as we were allowed to tour healthcare facilities, learn about traditional Chinese medicine, and go right into a TCM pharmacy to explore the enormous volume of Chinese herbs that were used to fill prescriptions. As this was an interprofessional course, there were U of A students from medicine and nursing in addition to pharmacy, which I think made the course more fun and interactive, and gave us a chance to meet some amazing people.



However, the best part for me was exploring the city. I felt that three weeks gave me just enough time to do the things I wanted to do, see the things I wanted to see, and try every type of cuisine that Shanghai has to offer! Shanghai is a large city and very multicultural, not to mention that there's food and shopping everywhere. Overall, it was a very fun time, despite the 30ish to 40+ degrees Celcius weather of July!



PHOTO CREDIT: ALAN CHOY



ALAN CHOY

Shanghai was truly a once in a lifetime experience. Going on this trip has redefined my definition of being interdisciplinary, by studying, eating, and playing with other healthcare professionals. One could argue majority of the learning happens outside the classroom on the different fieldtrips, and being in a completely different environment than what we are used to. Bringing or befriending a fluent mandarin translator is highly recommended. Also, the \$1.25 lunches at the cafeteria were the best part.

Shanghai healthcare,
Right now reforming,
Hospitals lack soap.

SUMMER REVIEW

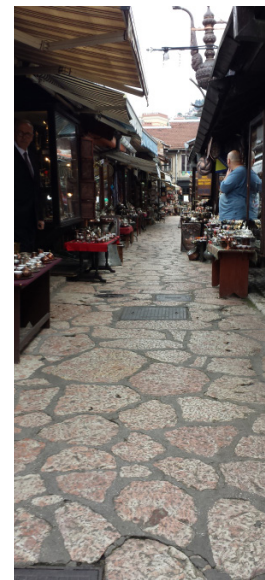


PHOTO CREDIT:
BRIAN TAYLOR



AZRA MUSTAJBASIC

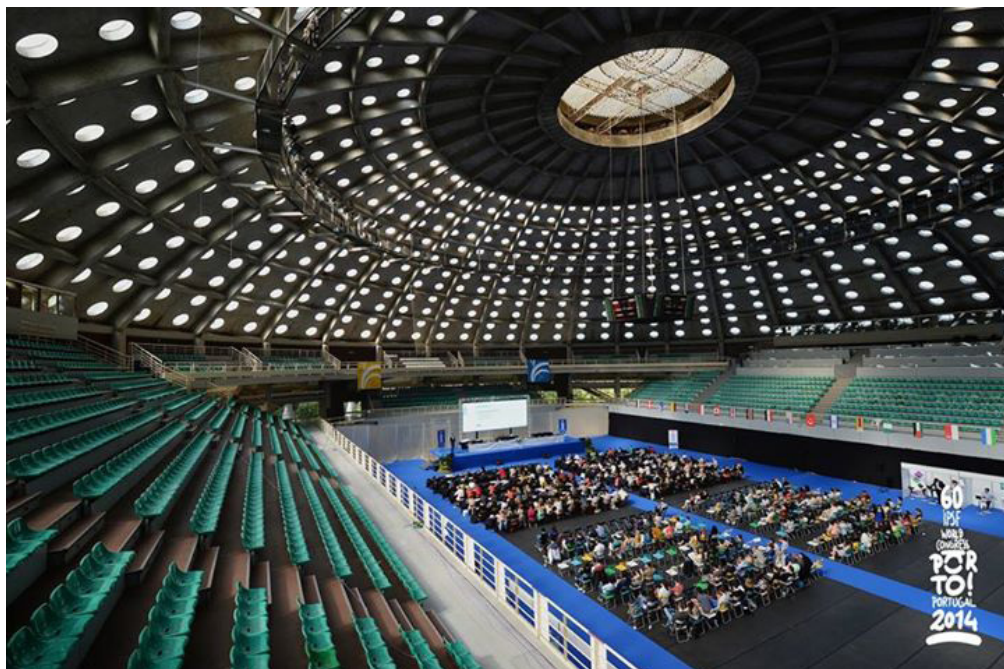
(as told to Grace Wong)

This summer, I went to Bosnia to visit my family. One of the places we visited was Sarajevo, the capital city, which was absolutely beautiful. The city is over 400 years old, and has three different eras of architecture: one area of the city featured buildings from the Ottoman period, while another had a classic European boulevard appearance and one had buildings from the communist period. Due to its rich cultural and religious history, Sarajevo also has many mosques, churches and synagogues, and has been nicknamed "Little Jerusalem" as result.

One really interesting part of our visit was the pharmacies in Bosnia! From what I was told, everything is behind the counter – and I mean everything, as in all products that have a DIN – so every patient needs to talk to a pharmacist to get what they need. Each pharmacy also has an herbal store attached to it, which is staffed by a health care professional; in these, all products stored behind the counter as well. All pharmacies are owned by the state, so it is quite a bit different from here!

Overall, it was a great trip, and between all the plane rides and relaxing with family, I finished two Zelda games on the Nintendo 3DS – so it also was productive :)

IPSF WORLD CONGRESS



BY DAN BURTON

I had the pleasure of attending the IPSF World Congress in Porto, Portugal this summer. It was a truly inspiring experience and an excellent way to close off the summer. The conference was from July 31st to August 10th. The days consisted of attending workshops, symposia, or competing in competitions. In the evenings there was a planned social night that gave us a chance to explore and learn a little more about the Portuguese culture.

The workshops were based on developing a number of skills and techniques that can be used not only in our profession, but in everyday life as well. I attended workshops on negotiating,

communication, leadership, and conflict management. As the school year begins to fire up again, I am finding all kinds of opportunities to apply these skills and develop myself as a more effective individual. I also had the opportunity to be part of a team-based care plan competition, where we actually managed to win the competition and bring home GOLD for Canada!

One of the most exciting symposia I attended was put on by Professor Stephen M. Eckel of UNC Eschelman School of Pharmacy. He provided lectures on becoming an entrepreneur and innovator in the pharmacy industry. He pointed out how each one of us is capable

of becoming an entrepreneur. We all know there are things in our everyday practice that can be done better. You only need one idea and the right people to help, in order to make a change!

One of my favorite parts of the World Congress was probably meeting other pharmacy students from across the globe. Hearing about different perspectives and ways of practice was eye opening. It made me realize that we are very fortunate here in Canada to have the chance to be true clinicians and have a much deeper interaction with our patients. Many countries are industry based and are looking to us to as an example of where they hope to move their practice!



In conclusion, I recommend that everyone take advantage of the numerous opportunities that are offered by IPSF. Whether you partake in World Congress or the student exchange program, they are fantastic opportunities to learn about pharmacy and healthcare systems in other countries, and not to mention you will have a chance to make some wonderful friends along the way!

PHOTO CREDIT: FACEBOOK PAGE OF 60TH IPSF WORLD CONGRESS | 2014 | PORTO, PORTUGAL

SUMMER REVIEW

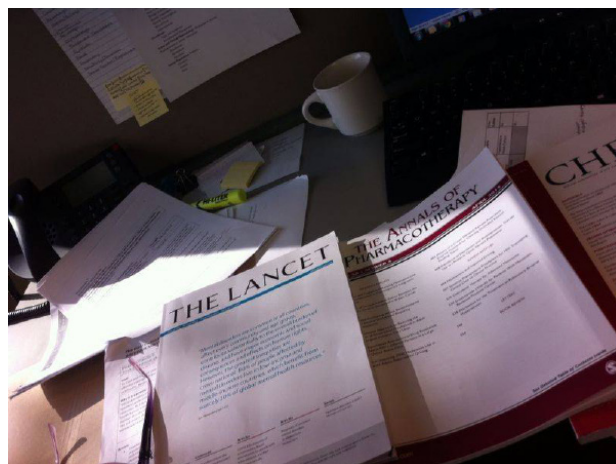


PHOTO CREDIT: CHITRA BAKSHI

CHITRA BAKSHI

(adapted by Grace Wong)

This summer, I worked for the Canadian Pharmacists Association (CPhA) as a Digital Publishing Solutions Summer Student in Ottawa, Ontario. There, I prepared four new CPhA monographs and updated four older ones, based on clinical need, in order to provide comprehensive coverage of cited evidence, and updated treatment guidelines used in the Compendium of Therapeutic Choices (CTC). I was also responsible for categorizing new or upcoming-into-market drugs (or others that had new found indications) into their appropriate disease/syndrome treatment headings and subcategories of the Therapeutic Guide, based on pharmacological targets.

During my time there, I presented upcoming research that might impact text/tables in the CTC (e.g. the discovery of novel therapeutic targets, or observational trials for off-label use success, etc.) during weekly Clinical Content Review meetings. I also attended weekly SORT discussions/meetings, whereby a cumulative body of evidence on a chosen clinical topic is evaluated using the "Strength of Recommendation Taxonomy" process; "e-Therapeutics Highlights" were its output.

JAMES UNCENSORED* -

A WORKLESS SUMMER

**Editor's Note: James was heavily censored.*

Beer, Brazilians, weight gain, and crippling debt.

BY JAMES FROBB

Bom dia. James Frobb here. Former APSA 2nd Year Class Rep and Presidential Candidate. As I watched all of my fellow colleagues work over the summer, gain experience, complain, lose sleep, etc. I was off gallivanting around the Western Hemisphere like a weightless fairy. While others had work and the overburden of too much parents, I was blaming my sleep deprivation on my inability to say 'no' to a good time and that elusive elixir known as beer.

National Youth Choir of Canada (NYC): May 4-19.

The National Youth Choir started at the end of April. My last exam was nearly complete, at least to my standards, and the world was my oyster. For the second time I would be singing with the NYC. This time we were off to the land of Digby scallops and more than palatable lobsters - the Maritimes. I was able to rehearse and perform several concerts with some of the best young singers in the country; it was an absolute treat. We started at Acadia University and mingled our way through Nova Scotia, up to New Brunswick, through Summerside PEI, and then back to



Halifax for our final concert. It was held at the Canadian conference for choral music known as Podium. The cathedral was hot, the spotlights were even brighter. I could feel the sweat drip off my nose onto my scores as we sang for over an hour in front of Canada's elite composers, conductors, and choirs. As the conductor Ivars Taurins of the previous NYC once said, "keep a cool head and a warm heart." Easier said than done, but alas when your only objective is to make music with talented musicians and perform, life cannot get much better. One thing that I always will know is no matter where you are in this land-mass-of-a-country, there will always be people that share your passion whether that be singing, pharmacy, knitting, or whatever it is that makes you tick.

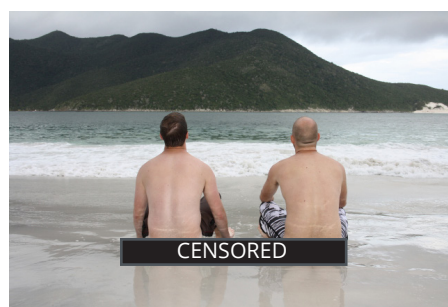
On May 19th when our choir tour had finished, I took a trip to PEI

to visit my new choir friends and tour the island. After, a trip to the Université St. Anne in Clare, NS to visit my other choir friends, I found myself right smack in the middle of complete French immersion. Apparently my French isn't awful, and Francophone girls find my accent endearing, but I will in no way be bilingual anytime soon. French 30 in high school only goes so far.

Brazil: June 16 - July 17

In late May I found myself back in Edmonton for a quick two weeks of seeing familiar faces. Brazil was next - the land of milk and hunnies. In 2009 I attended the National Youth Science Camp in West Virginia and Maryland. There, I met a fellow bunk-mate and friend named Gustavo. A chill lad with great English, who just happened to live in Rio de Janeiro... Coincidence? He allowed my buddy, Levi, and I to stay at



PHOTO CREDIT:
JAMES FROBB

his place for an entire month! The countryside was beautiful, the sand was soft, and the women's skin even more so (well it looked soft from afar). We spent the days going to beaches like Copacabana and Ipanema, seeing Jesus (for the first and last time), going up Sugar Loaf Mountain, and taking a week trip to the Brazilian tourist destination Buzios. We caught a few World Cup games including, France vs. Ecuador and Belgium vs. Russia in Rio. Also, go Germany! Yada yada, it was splendiferous, warm, the beer flowed like wine, and I felt super safe. Eu não falo Português, mas você é muito linda.

At the end of July I moved back to my hometown, Hanna, to work at the pharmacy, save money, and make money (so I thought). It turns out the pharmacy didn't *really* need me, so I took the rest of the summer off. I attended redneck festivals like Big Valley Jamboree. There, I was convinced that my road to stardom

would be set by becoming a country music star (dream pending). My band name would be Ground Beef Keith and his Meatsweats (thanks to my brother, Graham), my first single would be 'Cigarette Girlfriend,' and my favourite lyric would be "When there's no women we're fishin'. When we're not fishin', we're fishin'... for women." What do you think? I did almost buy a banjo the other day. Instead I settled for a harmonica and harmonica holder. Watch out Luke Bryan! What happened the rest of BVJ? I'll leave that up for you to decide, but only if it makes me sound cool.

I visited my brother and friend in Saskatoon. I saw Katy Perry there. Yeah, Katy Perry. The highlights of that concert were no line for beer or the men's washroom. Go figure.

I always enjoy going home though. Working on the farm, golfing nearly every day, and enjoying the simple things. I am still toying with the idea

of heading back there in the next ten years or so (wife pending). I feel like moving to a small town sans long-term relationship is a recipe for loneliness, alcoholism, and uncertainty to name a few. Of course, it's not that bad, but you get what I mean. Honestly, I can't see myself practicing in an urban setting for that long.

It is difficult to sum up this summer without involving all of the people, places, and experiences, but I hope you can take something away from this. First, take life seriously, but don't take yourself seriously. This is the time in many of our lives that we have the opportunity to be somewhat selfish, to ignore many of life's real problems, and to be unbound. I am definitely not the man, subjective term, that I was back in April, and I hope I can say the same for years to come.

FLOWING AS ONE

BY JUNE CHEN

“The winning team of the University of Alberta’s first Health Care Team Challenge™ is ‘We Have a Plan for that!’” – and it was that congratulatory remark that sent four healthcare professional students, including myself, to the All Together Better Health (ATBH) interprofessional conference in Pittsburgh, Pennsylvania.

Our first glimpse of Pittsburgh attested its nickname as the “City of Bridges”. As the city emerged at the end of the Mount Washington Transit Tunnel, numerous bridges could be seen embellishing Pittsburgh’s three rivers.

Despite initially different paths, three rivers, the Allegheny, Monongahela, and Ohio, meet in downtown Pittsburgh. Likewise, individuals from around the world came together at ATBH to promote and advance interprofessional education (IPE) and practice (IPP).

Amid the University of Pittsburgh’s beautiful campus with its Cathedral of Learning, Heinz Memorial Chapel, and ballrooms, ATBH increased my awareness of the importance of IPE and IPP in improving patient care, of common barriers and challenges to their implementation, and of some key components to their success.

As healthcare strives to personalize medicine, the focus should be the quality of patient care services. Dr. William Mayo eloquently expressed that “the best interest of the patient is the only interest to be considered, and in order that the sick may have the benefit of advancing knowledge, union of forces is necessary”. It is through IPP and the





Students need to learn together in order to eventually practice together... ATBH made me realize the important role students have in the future of IPP.

development of new patient-centered models of team care that healthcare providers can enrich patients' medical experiences. High-functioning healthcare teams have consistently shown positive outcomes in patient care because team members unite "for the good of the patient, each assisting in elucidation of the problem at hand, and each dependent upon the other for support".

Despite the well-researched benefits of IPE and IPP, there are barriers to their implementation in educational and healthcare institutions. Whether it be due to the ambiguity of professions' scopes of practice, attitudes of institutions and students, lack of resources, or disorganized coordination of efforts, such barriers can result in the reluctance to implement IPE and IPP.

Because early experiences significantly influence one's values and identities, the success of IPE and IPP lies within students. Students need to learn together in order to eventually practice together. The

connection students have with others contributes to the development of their personal, then professional, and finally, interprofessional identities.

To augment the maturation of interprofessional identities, IPE should be integrated into students' academic curriculums before students succumb to preconceived hierarchies or discipline-specific asylums. Educational institutions have explored various approaches to IPE, including an interdisciplinary Top Chef Competition, and interprofessional teaching clinics and hospital units. Institutions have found that students prefer and gain more from IPE that facilitates the practical application of interprofessional competencies.

ATBH made me realize the important role students have in the future of IPP. Like the confluence of Pittsburgh's rivers, healthcare students need to flow as one and embrace IPP in order to streamline and enhance patient care. As students, we can lead the way in the future's interprofessional healthcare.

PHOTO CREDIT: JUNE CHEN

THE PHARMACY DICTIONARY

Attention first years! Here's what you'll need to know to get you through the school year

BY MORGAN BASIUK

ACP: Alberta College of Pharmacists: our licensing body – can't be a pharmacist without them! For more info. on ethics and jurisprudence their website is the place to go. For the first years in PHARM 342, second years in PHARM 362 and fourth years writing their jurisprudence exam... check out their website! I've noticed the current third years are fairly unethical... so I would recommend they go to the website to brush up in general...

APSA: Your awesome student association. 'nuff said.

CACP and **SMMA:** You will hear these acronyms a lot young grasshopper. These are types of medication reviews that Alberta pharmacists now get paid for! Dolla dolla bill y'all! They also make terrific YMCA lyrics.

CAPSI: Canadian Association of Pharmacy Students and Interns. You might only remember them because they were the first to give you free food and a backpack, but this group is incredible! They will be promoting and hosting a lot of events during the year and will be rep'n us nationally.

CSHP: Canadian Society of Hospital Pharmacy. I know it may be surprising for the first years to find out, but yes there are pharmacists in the hospital! The membership drive is coming up soon and I would 100% recommend

it. The mentorship program alone makes it worth every cent!

DAP: Not only does DAP note sound cool when you say it, it is quick and useful way to document your clinical work. If you didn't document it, it didn't happen – words to live by in pharmacy.

DentPharm: It has not only been the set for a local horror movie featuring some of your very own pharmacy students, it was once a place us pharmerms called home. You may still be lucky enough to have a couple labs here before the new ones are up and running. I don't know about you, but I will always hold DP 2031 close to my heart.

DRP: No, not DERP, although sometimes they feel like one in the same. A DRP is a Drug Related Problem. When caring for a patient it is important to determine and prioritize the drug related problems

as a pharmacist! You will learn a lot more about this as the years pass.

HTN: Just a head's up, most diseases/disorders have a medical abbreviation... I swear I went through most of first year (maybe even second year) having no idea what any of them meant. Here is a freebee for you: it stands for hypertension. Still lost? It means high blood pressure.

HSSA: Is it a bird? Is it a plane? No, it's the Health Sciences Students' Association! In other words the cool kids in ECHA. Why are they cool? Well, they promote interprofessional activities and events to get us mingling with the other healthcare faculties.

IPSF: Have the itch to travel that no amount of hydrocortisone will soothe? Well, getting involved in the International Pharmaceutical Students' Federation is for you! Student exchanges and worldly adventures await.





Mahara: The Facebook of pharmacy school. Unfortunately instead of carefully edited and filtered selfies... it is where you will post unedited and uncensored videos from your labs. I promise you will cry less and less after each watch.

Med Sci: It's hot then it's cold, it's yes then it's no, mics cut in then cut out, constructions up never down, you're wrong the prof's right, projection screens off now it's white. You're stuck in one room. There is no nearby girl's bathroom. You don't really wanna stay, no, but you don't really wanna go-o. Okay, maybe with the new renovations things have improved – here's to hoping!

OSCE and PEBC: You will dread them and fear them. You will talk about the cost of them. They are the exams you will take to get your Pharmacist License, but don't fret, you have pharmaceuticals and med chem to worry about first!

PAM: Pharmacist Awareness Month is in March. The PQ+2 and CAPSI will keep you posted on all the fun activities that go on. From blood pressure clinics to talent shows you are sure to have a fun month!

PDW: You may hear this called something else, but for the purpose of professionalism I will define its REAL name: Professional Development Week. This year it is in Quebec City. Don't miss the MANDATORY info session on Wednesday September 24th!

PQ+2: Pharmacy Quarterly, the Gossip Girl of pharmacy. This year we added the plus 2 because we will be featuring 6 issues rather than 4! It's you're one and only source into the scandalous lives of pharmacy's elite. You know you love me. Xoxo, PQ+2 (I may or may not have watched too much Gossip Girl this summer...)



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CAREER COLUMN

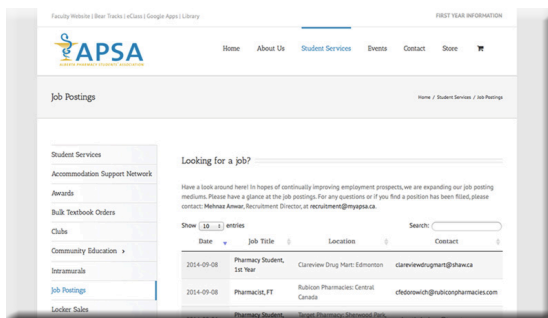
BY MEHNAZ ANWAR, RECRUITMENT DIRECTOR
& GRACE WONG

Are you on the hunt for a job, but aren't sure where to start looking? Or have you doled out your resume to employers, but received nothing in return? Do job interviews make you more anxious than pharmaceuticals exams? Don't worry! Finding a job can be a daunting task, but the PQ is here to help. Consult the Career Column for tips and tricks to make your job search easier, your resume sharper, and your job interviews less stressful than watching an episode of Breaking Bad!



PHOTO CREDIT: ARTISTICCO LLC, BIGSTOCK

THE JOB HUNT



Check for jobs online (<http://myapsa.ca/student-services/job-postings/> is a great place to start) – but make sure to go “door-to-door” the old-fashioned way too! Ask the staff in your local pharmacy if they are hiring. Many pharmacies will ask you to drop off your resume, so bring a few copies of cover letters and resumes with you – even if they aren't actively looking, leaving your resume will help them keep you in mind for future opportunities. Most importantly, follow up with pharmacies a week after dropping off your resume; this lets each pharmacy know you're interested, and may encourage the pharmacist to take a second look at your resume if they initially set it aside and/or forgot. Be patient, and don't over-exert yourself – try visiting a few pharmacies each week.

COVER LETTERS

Your cover letter can make or break your job application! An effective letter can be the difference between getting an interview, or getting your resume ignored. It should be targeted to the specific job posting/pharmacy, complement (not duplicate!) your resume and show your relevant experience and skills.

Here are some tips to get you started:

- First paragraph: tell them why you are writing! Mention the position you are applying for, where you found the job posting, and why you are interested.
- Second paragraph: describe what you have to offer – this includes your experience, skills, and work/research history. Discuss how your qualifications match the job description specifically.
- Last paragraph: thank the employer for their consideration, and how you will be following up with them (ex. phone call in a week)
- Don't try to be the next George R. R. Martin - avoid writing a novel! Employers go through lots of cover letters/resumes, so your letter should be around ½ a page to one page.



PHOTO CREDIT: WALLY GOBETZ, FLICKR

RESUMES

A "Highlights" section should be the first item on your resume. It should include a few key points that demonstrate your strongest skills/achievements related to the requirements of the job.

After the cover letter, this is the first thing that employers read, and will hopefully interest them enough to keep reading. Try to include skills that are specific to tasks listed in the job description! Use strong adjectives and verbs to describe your skills, and how you achieved them.



Example of an OK highlight: *I have good teamwork skills.*

A better highlight: *Developed teamwork skills by organizing and leading a group of 10 volunteers for a local charity event*

Format-wise, keep your resumes short and professional. Resumes should be no longer than two pages on 8.5 x 11" white paper, in an easy-to-read font like Arial or Times New Roman. Distinguish your headings for each section by using a larger, bolded or underlined font. And last, but not least – save your creative side for Pinterest! Resist the temptation to get artsy with fancy bullets and indenting, and keep it simple.



IMAGE CREDIT:
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BRAIN PENCIL,
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IMAGE CREDIT: VLADGRIN, BIGSTOCK

THE INTERVIEW

Prepare ahead of time for your interview, but don't have answers rehearsed word-for-word. Searching online for tips regarding tricky questions can help as well.

If you're asked about a weakness, don't say "I have none" – no one is invincible (unless you're Wolverine!). It's okay to mention a weakness – just make sure to explain how you have been working on it to improve yourself, and make it sound like an opportunity for further development. Last but not least, know your resume thoroughly, because you may be questioned on any part of it.

CAM CORNER: MELATONIN

Sponsored by the Branch Out Neurological Foundation

<http://branchoutfoundation.com/>



BY MORGAN BASIUK

What does the Centers for Disease Control and Prevention define as a Public Health Epidemic? If you are anything like me you are racking your brain thinking about one of the many therapeutic topics we covered in class. Is it diabetes... obesity... hypertension... maybe I am just too sleep deprived to think clearly! Oh wait; maybe it's just that, **insufficient sleep!** An estimated 50-70 million US adults have sleep or wakefulness disorder. I guess it's more than just the 500 of us in the U of A pharmacy program... The National Institutes of Health suggests school-age children need at least 10 hours of sleep daily, teens 9-10 and adults 7-8. YES, 7-8 hours. No, not per week...per DAY.

Proper sleep hygiene and less studying (or partying?) are ways that will reduce our sleep problems, but what about medications? The amount of that little blue pill (zopiclone this time folks!) that is dispensed from the pharmacy is always quite shocking to me. There are also benzo's, zolpidem, antidepressants, quetiapine and the OTC option, diphenhydramine that may be used for those with sleep disorders. These come with a list of side effects and risks like any medication. What about those who are looking for something on the natural health product (NHP) side of things? If you are now asking yourself why, as a pharmacy student, you are reading about NHP's instead of the beautiful medications cooked up in a med chem lab, take a look around your pharmacy! That huge wall of NHP's, vitamins and minerals is in YOUR pharmacy. That does not mean they have to be your first-line option

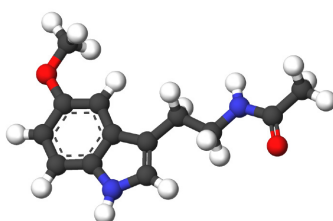


IMAGE CREDITS:
WIKIMEDIA COMMONS, SBROOLS
FLICKR - MICHAEL REUTER, MOYAN BRENN

or area of expertise, but I think it is good to be aware of what is on that shelf and which products have the most evidence and research behind them. The truth is that whether you are an NHP supporter or hater, people are using them. According to the Public Health Agency of Canada, more than 70% of Canadians regularly (yes, regularly) use complementary and alternative health care therapies to stay healthy and improve their quality of life. What could improve your quality of life more than a good night's sleep?

The hot NHP topic for today is melatonin. In the NHP world, where evidence is generally lacking, melatonin has a relatively large amount of clinical trial data supporting its role in reducing **sleep-onset latency** (aka how long it takes you to fall asleep). The evidence is less clear for improvements in sleep duration or quality. However, melatonin's use is still classified as controversial and was not recommended for the treatment of chronic insomnia in the 2008 American Academy of Sleep Medicine's consensus-based guidelines. Natural Medicines Comprehensive Database classifies melatonin as **likely effective** in circadian rhythm sleep disorders and sleep-wake cycle disturbances and **possibly effective** in delayed sleep phase syndrome and primary insomnia. DynaMed however, states

that short-acting melatonin may have **little to no effect** as treatment for insomnia. Here lies the controversy. As a clinician, it will be important for you to peruse the evidence and look at patient-specific factors when deciding whether or not melatonin is the right choice for your patient.

Let's back up. What exactly is melatonin? It is an endogenous hormone, N-acetyl-5-methoxytryptamine, primarily produced by the pineal gland in all vertebrates and can also be produced in the eye, GI tract, bone, skin, lymphocytes, platelets and thymus. Its secretion is inhibited by environmental light and stimulated by darkness – amazing! In the brain it appears to increase the binding of GABA to its receptors. Interestingly, nocturnal secretion is highest in children and levels are decreased in those with insomnia and in healthy elderly! Certain plants also contain melatonin – including Jerte Valley cherries! Cool, huh?

EBM anyone? A 2005 meta-analysis found small decreases in sleep-onset latency of 4 minutes (95% CI, 2.5 to 5.4) and a 2010 meta-analysis found the reduction to be 23.27 minutes (95% CI, 4.83 to 41.72). In another large meta-analysis, melatonin was not found to be beneficial for patients with secondary sleep disorders (insomnia due to another disease,

disorder or substance). DynaMed states melatonin has “little to no effect” on insomnia based on 3 systematic reviews which involved **statistically significant** but “clinically unimportant” reductions in sleep-onset latency. Systematic reviews included meta-analyses showing a reduced sleep-onset latency of 7.2 minutes (95% CI, 2.4 to 12) and 7.06 minutes (95% CI, 4.37 to 9.75). An increased total sleep time of 8.25 minutes (95% CI, 1.74 to 14.75) and improved sleep efficacy were also determined. Are those differences enough for your patients? That is for you and them to decide! On a side note, a prolonged-release formulation (Circadin) is available with prescription in other countries and had a more positive review in DynaMed. This formulation showed an improve sleep quality and alertness in patients >55y with primary insomnia. It could be in our future too...

The melatonin low-down: the suggested dosage is 3 to 5 mg (but can range from 0.3 to 5mg) daily 3-4 hours before bed. A short-term course is recommended (approx. 4 weeks). You can buy melatonin that is derived as a synthetic product or from animal pineal tissue. **Important:** the use of the animal tissue-derived product is discouraged because of a risk of contamination or viral transmission (it is derived from animal brain – mad cow disease and other illnesses). Remember good ol’ Health Canada is important too! You will know that a NHP has been authorized for sale by Health Canada if they have the 8-digit Natural Product Number (NPN) or Homeopathic Medicine Number (DIN-HM) on the bottle/label. Helpful tip: you can search Health Canada’s Licensed Natural Health Products Database online to determine if a NHP is licensed or not. Make sure your melatonin is synthetic and legit!

Melatonin is classified as **likely safe** in Natural Medicines Comprehensive Database when used appropriately short-term and **possibly safe** when used appropriately long-term. It could be **possibly unsafe** in children (may affect gonadal development) and in women who are pregnant or wanting to become pregnant (may inhibit ovulation). There is insufficient evidence around lactation safety. It is contraindicated for patients with autoimmune diseases and should be cautioned in those with high blood pressure and epilepsy. Although toxicological studies are limited, researchers have given human volunteers 6 g of melatonin each night for 1 month and found no major problems, except for stomach discomfort or residual sleepiness. With a short half-life of 20-50 minutes, plasma levels return to baseline within 24 hours after stopping long-term dosing of less than 10mg/day. Melatonin has a fairly benign side effect profile including dizziness, enuresis, daytime somnolence, headache, nausea and transient depression. There is potential that it may affect driving ability due to drowsiness (should not drive or use machinery for 4 to 5 hours after taking melatonin). As a CYP1A2 substrate, interactions are generally with inducers and inhibitors of this enzyme. Increased bleeding with anticoagulants, insulin resistance (controversial) and an additive effect with sedatives have also been reported. There may be interactions with contraceptives, flumazenil, fluvoxamine, immunosuppressants and antihypertensives.

To NHP, or not to NHP, that is for your patient to decide (because 70% of people are taking them whether you agree or not). Your job? To educate on risks, benefits and evidence! Shared decision making FTW!



IMAGE CREDIT: VIPERAGP, BIGSTOCK

Have any questions/comments about melatonin or CAM Corner in general? I would love to hear them! Email me at basiuk@ualberta.ca or stalk me in the hallway!

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YOU'VE GOTTA TRY THIS: REMEDY CAFE

You've got a swanky new APSA card, now put it to use!

Each issue, we'll try a different place on the card and give you the lowdown on how it went.

Remedy first opened its doors over 12 years ago, introducing Edmontonians to a world of delicious tea and Indian and Pakistani cuisine. Since then, Remedy has expanded to four different locations (with a fifth coming soon!) and shows no sign of slowing down. Just minutes away from campus, Remedy's flagship café on 109th Street and 87th Avenue boasts an enormous selection of teas and beers from around the world, in addition to many dishes and desserts. Use your APSA card to save 10% off food and drink (excluding alcohol), and don't forget to live by their motto – Be Spicy, Drink Chai! Grace Wong

Yasir Iqbal

Tried: Chicken palak masala + samosa + chai

Thoughts? The samosa and sauce go great together, though I wish they hadn't run out of naan! The dish is aesthetically appealing, and the chai was exquisite.

Overall impression: Good meal, would get again



Raj Bharadia

Tried: Chai

Thoughts? It's on the sweet side, but it's good! Only downside? Not a huge fan of the loose tea on the top.

Overall impression: Consider this Raj-approved



Morgan Basiuk

Tried: Butter chicken wrap + chai

Thoughts? Love the chai – it's the right amount of sweetness, and I like the loose tea on the top! It's also reasonably priced for what you get, especially with our discount.

Overall impression: Very tasty!



PHOTO CREDIT: GRACE WONG



Jon Hung

Tried: Lamb curry with rice + chai

Thoughts? I was expecting it to be a tad spicier, but it was spiced well nonetheless. The lamb was soft and tender!

Overall impression: I can see this dish appealing to many palettes.

Grace Wong

Tried: Vegan coconut chicken + London fog

Thoughts? As someone with no spice tolerance, I thought it had a good amount of kick! It's a good vegan option, and the London fog was just right.

Overall impression: Delicious!

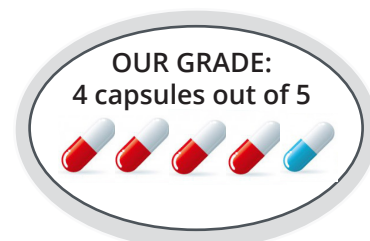


Konrad Pietrzak

Tried: London fog

Thoughts? It's good.

Overall impression: It pleases me.



PHARMACY HOROSCOPES

BY MORGAN BASIUK & RAJ BHARADIA



LIBRA (SEPT 23 - OCT 22)

Do you find that all your activities are caking like a pharmaceutical suspension? Don't fret – with the full moon landing on your zone of success, your activities will soon be running smoothly! You will find that concentrating on studying is easy for you this month and you will master K-type questions!



SCORPIO (OCT 23 - NOV 21)

With midterms coming up (aren't they always?) your physical and emotional strength will be tested. As a Scorpio you will tackle the upcoming challenges like a high dose of prednisone tackles inflammation. Try and minimize potential side effects by taking time to focus on your physical and mental health. Hit the gym for some cardio (no, don't start studying for it yet...get some exercise) or read a book to clear your mind.



SAGITTARIUS (NOV 22 - DEC 21)

The sun's sparks have got you feeling all charged up! With your newfound water solubility, this is a perfect time to make yourself more (bio)available for new opportunities! Although that professor might seem intimidating, they can open many doors for you – just go talk to them!



CAPRICORN (DEC 22 - JAN 19)

It may seem as though everyone else has been out having fun while you've been stuck at home studying... but wait, that's because they are! Take time to enjoy the perks of being a pharmacy student: join an intramural team, head out to a fundraiser or hit up a TGIF or two! Now's your chance! Before you know it, you'll be in a rocking chair by the fireplace reminiscing on your days as a student with your grandchildren. Okay maybe not, but you get the point!



AQUARIUS (JAN 20 - FEB 18)

Your pharmacy career path is feeling a little like a one-compartment model. Don't be discouraged, the stars will soon fall into place for you. Your talents are multi-faceted and your career is on its way to becoming multi-compartmental. Follow your dreams like an antibody follows its antigen...except your dreams won't eventually get destroyed (hopefully!).



PISCES (FEB 19 - MAR 19)

With the new moon Wednesday, it is time to start that new task you have been putting off! You will embrace your time management skills and finish all forum posts early in the week! The 300 daily emails will not get you down because all of your posts will be original and spot on!



ARIES (MAR 20 - APR 19)

It's only been a couple weeks of pharmacy school and you feel like you are being as stretched as thin as your failed Diclo gel. Spend more time with your pharmily and embrace group projects. Say yes to adventures and upcoming pharmacy events!



TAURUS (APR 20 - MAY 20)

You may have strong feelings about a particular professor, classmate, or course right now and you may be rather combative. Your energy in this area may come in waves so that you feel like the bowels of someone with traveller's diarrhea and no azithromycin. Repeat the list of benzodiazepine class-effects in your head until you reach a state of meditation and well-being. Keep calm and pharm on!



GEMINI (MAY 21 - JUN 20)

This is one of the most romantic times of year for you! The fiery blaze of Venus has lit up your love life more than triple therapy ever could! Yes, that person WAS hitting on you at TGIF. Spend time with that special someone – stop being so stubborn! No longer is your love life prn... schedule happiness and romance ATC!



CANCER (JUN 21 - JUL 22)

Today's Sun-Saturn link means your ability to communicate will come naturally this month. Your nerves will be calm in labs and rapport will be plentiful. No standardized patients will be harmed and DRP's will drop like meteors.



LEO (JUL 23 - AUG 22)

Do your notes already look like a doctor's prescription? This is the perfect time to start the year off right! As the orbits of Jupiter's moons become less eccentric, your life will too. It is time to tidy up your notes and clean up your act; it is only week three after all...



VIRGO (AUG 23 - SEP 22)

This month, the sun is in Virgo. Take this opportunity to recognize your identity and desires. Make a SMART goal, no, make a SMARTER goal. It doesn't matter if you don't get marks for them anymore... reflections are important this month to truly appreciate yourself and your successes – don't skimp!

PHOTO CONTEST

Win a \$10 gift card to Starbucks!



PHOTO CREDIT: TICO_24, FLICKR

Coffee, tea, and carbs - Starbucks has the fuel you need to get you through those long hours in Med Sci. Get your grande non-fat triple-shot caramel macchiato on us! Win one of four \$10 gift cards to Starbucks by taking a selfie with another pharmacy student from another year. Submit the photo, your names and your years of graduation to pqcontest@gmail.com or post it on Instagram with the hashtag **#meyouPQ** and we will pick FOUR winners at random. Photos with a first year and a fourth year will get double the entries! Plus, your pic might make an appearance in our next issue (with your permission, of course!) So, what are you waiting for - get to picture-taking!



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REVIEWS - FLICKR

Sponsored message

Pharmacare Specialty Pharmacy Rx

Did you know: Pharmacare is an Edmonton owned and operated Specialty Pharmacy Group. The pharmacy boasts: over 20 clinical pharmacists, a state of the art fulfillment centre a Specialty Compounding Division, 3 retail locations—1 in Calgary and 2 in Edmonton, 24/7 on call service, in house bonded delivery, disaster protocols, policy and procedure training, online training courses, AADL home medical partnership, Immunization services, Health and Wellness assessments, Blister and Pouch automated packaging and Medication Detection Machine Technology.

Pharmacare Specialty Pharmacy Rx

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